

SNEEZE, BROTHERS, SNEEZE, BUT DON'T BLAME IT ON THE HAY

For Hay Is the Only Plant That Hasn't Been Convicted of Causing Hay Fever

By DR. WILLIAM BRADY.

EXHAUSTIVE investigation and research has convinced us that the hay fever victim has one thing to be thankful for—he never need be afraid to hit the hay. The only plant, weed or vegetable which never has been convicted of causing

the branches. The weed loves to spring up in fields where a crop of wheat, rye or oats recently has been cut, and usually grows two or three feet high. The giant ragweed or hoplite size has three lobed leaves and springs to a height of ten or twelve feet. It infests moist soils toward the Gulf Coast. The pollen of either ragweed is as light as smoke and flies for

a considerable distance on the wind. It is so abundant during the ripening of the flowers that it will stain the clothing of a person walking through the field a yellow color. Farmers say the ragweed is "smoking" when this cloud of pollen is blown from it—and we betide the hay fever victim who gets to windward. That the ragweed pollen is the specific cause or may fever may be demonstrated in any case by freeing some harvested pollen in the room with the patient. It will bring on the symptoms at once at any time of year if it is truly the cause.

Other plants than ragweed may produce pollen in certain cases. Dr. William Schepereau of New Orleans has listed ten pollen producing plants or weeds of that section of the country which induce attacks of hay fever at different periods in every month of the year. New Orleans nevertheless is a fairly good place for a hay fever victim to visit, since individual and civic efforts have succeeded in cleaning up a large part of the wastes and vacant plots where ragweed and other hay fever plants grew. The list is as follows: Bastard feverfew, dock, plantain, canary grass, carduus, wild Johnson grass, cocklebur, giant ragweed, common ragweed and marsh elder. "You take your choice."

A popular idea is that hay fever may be avoided by going to a high elevation as in the mountains. This is only relatively true. Ragweed and other hay fever producing plants are uncommon above an altitude of 6,000 feet, but in mountain resorts of ordinary elevation and plants abound and hay fever is frequent.

Germes have nothing to do with hay fever. Therefore vaccine treatment cannot be expected to accomplish much.

A so-called "neuropathic predisposition" is hurled at the sufferer by the harassed doctor to explain why one individual out of a hundred suffers from pollenosis, to which all are exposed alike. Patients naturally are rendered somewhat nervous by the attack and the depressing effect of the disease, but otherwise there is no more reason to call them "neurotic" than there is for applying that epithet to the exceptional individual who develops active tuberculosis.

Education is no criterion, either. As a sort of defense against the "neurotic" charge the hay fever victim likes to think that the disease is a fashionable one which selects only persons of culture and refinement as its victims. All wrong. The place we have always with us but they can't afford to go away for hay fever, nor can they spend money for home treatment, excepting perhaps some nostrum.

City folk do suffer more frequently

than country folk. The explanation for this is unquestionably a matter of acquired or inherited immunity—the country resident being exposed, from infancy and the city resident being exposed only upon rare occasions.

The pollen does not produce the characteristic reaction by mere mechanical irritation. The symptoms of hay fever come on within a few moments after the patient has been exposed, as in driving past a field or walking along a street where ragweed may be growing.

The treatment of hay fever is a thing the profession never boasts about. There are none too many. Operations on minor irregularities in the nose and throat are seldom if ever effective. Sprays, douches, salves, powders and internal remedies have their place and help to render the attack endurable, but do not cure. A sea voyage, of course, is an ideal remedy.

But the pollen may be escaped in a less expensive way than that.

In one case ragweed was growing in the patient's garden—a fitting penalty for neglect. In another case the offending weed, feverfew, was growing in a vacant lot next a school yard, and the school teacher suffered the penalty of some property owner's neglect. In both instances marked relief promptly followed the cutting of the weeds. Thus, instead of rushing off to the White Mountains or going to sea to escape exposure, the patient may remain at home and give some old fellow a job with a scythe or the like. Ragweed is so very common everywhere that it may be impracticable to cut it all down. In towns and cities it may be possible, once the patient

ing injections at intervals of a few days for several weeks prior to the usual date of the annual hay fever seizure. Moreover, there is no cut and dried or ready to use pollen extract which will suffice for all cases. The individual patient must be tested with various pollen extracts to find out which variety may be his nemesis. Or it may be possible to determine this point by exposing the victim to various plants in succession until he reacts, with an attack, which usually develops in from a few minutes to an hour after the weed has been brushed across his palpitating nostrils.

Oppenheimer and Gottlieb—leave it to the Irish to do something original

years ago a kind of serum or solution containing the extracted pollen of several plants—a shotgun formula, yet one which did score a fair number of hits. The more scientific way is the cause and use only that pollen to immunize the patient. The whole procedure is of course a plan application of the homeopathic idea—a "hair of the dog that bites you."

A Detroit specialist recently reported some very favorable results from the treatment of hay fever with calcium chloride in rather full doses. About three ounces of pure calcium chloride crystals are dissolved in one pint of distilled water, and a teaspoonful of

stopping up of the nostrils a temporary relief may be had from a spray or drops of very weak adrenalin solution, one part of the standard solution in ten to twenty parts of sterile normal salt solution.

Some one in St. Louis is authority for the canon that a sojourn in the cold storage room is a great remedy for hay fever. We suspect—we haven't investigated the matter personally—but we wonder if it isn't what is served on the side that makes such a sojourn in St. Louis so popular. There are things that will make a man forget even hay fever.

Whatever the doctors do or do not know about the treatment of an indi-



Between the devil of hay fever and deep sea of seasickness.

pollinosis, which is Greek for hay fever, is the hay itself, according to the president of the American Hay Fever Association. Anything else that grows in your vacant lot, from Rumex obtusifolius, or as it is called, dock, to Plantago lanceolata, which is a mean upplish way of saying plantain, may account for your particular case of "autumnal catarrh," or, if you prefer, "hyperesthetic rhinitis," but never, never timothy or clover hay, thank Heaven!

About 1 per cent. of the population of cities have hay fever. Most of these cases come in August and September, but some cases develop in early summer—the so-called "rose cold," which generally is not caused by rose pollen. Hay fever symptoms, in the milder cases, resemble those of ordinary coryza or "cold in the head." Indeed, the disease may be mistaken for a "cold." There is sneezing, blocking of the nostrils from swelling of the mucous membrane, watery or watery running of the nose, itching of the inner corners of the eyes and slight elevation of temperature at the onset and a tendency to subnormal temperature later. There usually is considerable general depression, due to the subnormal temperature and difficulty of breathing through the nose, especially when lying down. In some cases asthmatic trouble accompanies the attack.

The development of the epidemic when hay was harvested each year led to the suspicion that hay pollen was a cause. This fact is, however, that ragweed (ambrosia) is the cause in the majority of cases, and the more conspicuous golden rod is to blame for a very small proportion of the cases.

Ragweed is a very plebeian, unassuming plant. It will grow any old place, where nothing in particular is grown.

Ragweed comes in two sizes—trial size and hospital size. The trial size, ordinary looking weed that infests the byways of civilization. It is an annual and a very persistent one. It has ragged, thin leaves and spikes of homely green flowers at the ends of



Rude awakening of victims who thought only the highly cultured had hay fever.



HOTEL MR. SHIFFI

knows positively which variety of pollen causes his trouble to avoid the vicinity of the offending weed. Especially is it advisable to avoid getting to leeward of a place where the weed grows, since the pollen may be carried for a long distance on the wind. If the weeds are cut before the latter part of August pollination is prevented.

Like many other proteins, pollen appears to be a poison to certain individuals. For instance, it is well known that many persons suffer an attack of hives soon after indulging in certain shell fish, strawberries or pineapples, following a dose of antitoxin or other remedy containing horse serum, and after contact with or after taking certain drugs to which the individuals may possess an idiosyncrasy.

As for hay fever, it may be stated that when the specific causative pollen, definitely has been determined, extracts of this pollen offer a very good chance of cure, or at any rate immunization against attacks through the season. But to obtain such a result it is necessary for the patient to submit to a long series of immuniz-



Doesn't touch this farmer who rambles around in ragweed all day.

But gets this city man who never saw any ragweed.

—dried and stripped the flowers from the stems of ragweed and goldenrod, crushed them by hand and placed them in muslin bags. A suction funnel arrangement was used to extract the pollen. Very minute doses of the pollen extract were injected hypodermically at intervals of several days, beginning four or five weeks before the hay fever season, the amount and frequency of the injections being determined by the degree of local reaction noted in the skin about the point of injection. The treatment proved efficacious in a fairly large proportion of the cases.

Dr. Clowes was the first in this country to immunize hay fever patients against their specific pollen. Dunbar of Europe introduced several

this is taken in one-third of a glassful of water at each meal. Some patients declared the results were "not so bad" as the trouble has no more to do with the hay than an ordinary, common, vulgar, pass-along-to-Bill case in the area has to do with the state of the weather. Only, what makes hay fever so irritating and so unpleasant to the sufferer is that, unlike the pollen or garden "cold," you can't spread the hay fever around among your friends, no matter how wide open your sneeze. Thus, we believe, explains why the hay fever patient is so crabbed, ill tempered and peevish. Misery loves company. It is not so bad to sneeze when the world sneezes with you, but it certainly is awful when you have to sneeze alone.

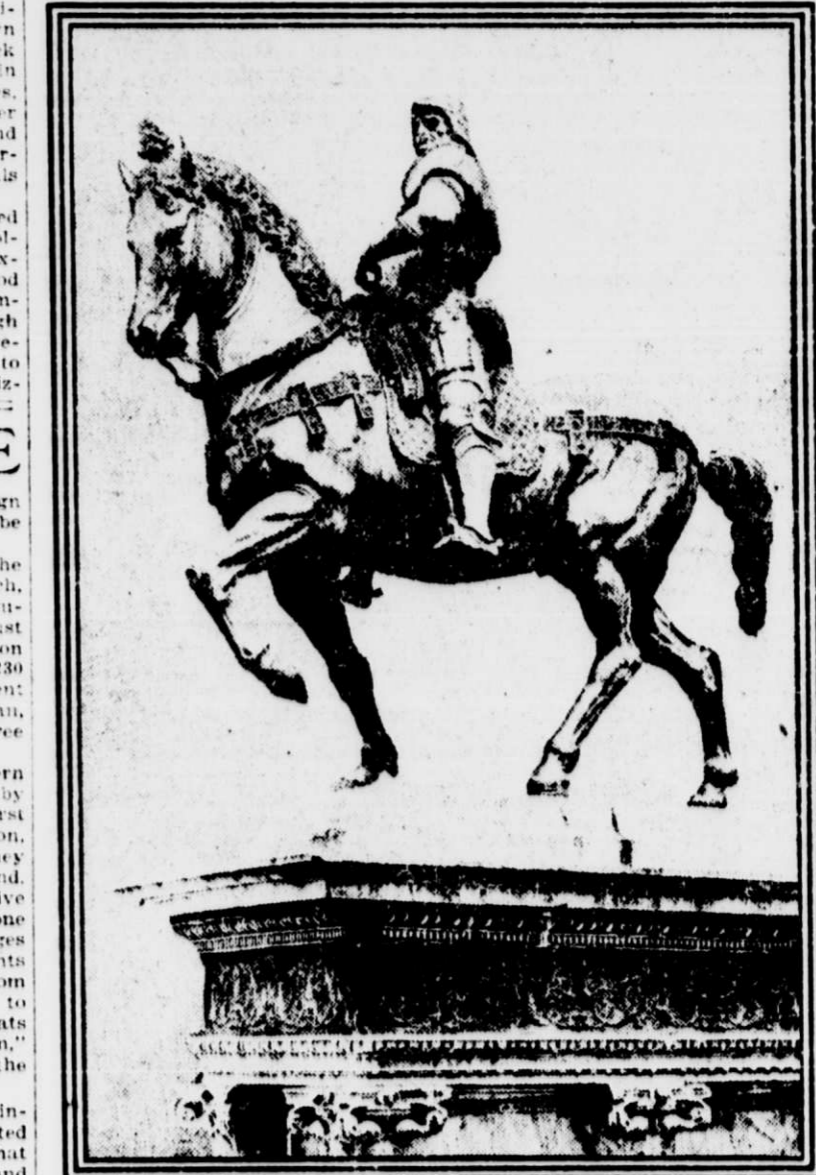
a suggestion as to the form of a gift of statuary to Newark. Mr. Rhind immediately suggested a reproduction of the Colleoni.

COLLEONI COPY FOR NEWARK

ONE of the concrete, permanent results of Newark's 25th anniversary celebration is the gift of an exact copy of the Bartolomeo Colleoni statue in Venice. It is a highly important addition to the art works in America, for the statue of which it is a copy is con-

to the city of Newark of Christian F. Feigenbaum.

While the copy will cost \$70,000 there are artists who believe that Mr. Feigenbaum could not have spent this amount of money in a way which would be of more value to American art. It is believed that Clinton Park



Bartolomeo Colleoni statue.

The statue, including the base and pedestal, will be the first to be removed from a small stone in Clinton Park, in a corner of old and gnarled trees, sufficiently far back to leave a clear view for a proper distance.

Mr. Rhind's work of copying the statue, base and pedestal once done there came the task of transforming the work into permanent material. The bronze casting of the horse and rider was made in a matter of routine for Mr. Rhind and his assistants, but the base and pedestal offered more difficulties. The Venetian marble of the base, fluted, weathered and time enduring, was used as the only American marble that would stand the test. Each crack and weather mark on the original had to be transferred to the copy, each chip and rust spot had to be in its proper place. This was the work of months.

The pedestal rises twenty-five feet, is richly carved and adorned with six Corinthian columns, into the capitals of which are entwined the figures of the four seasons. The top of the pedestal is a bronze frieze eighteen inches high surrounding the top of the statue. This represents trophies and marine animals.

Bartolomeo Colleoni was a famous Venetian soldier of Venice. He was born in 1400 and died in 1476, and entered the reputation of being the greatest tactician and disciplinarian of his century. When he died he bequeathed to Venice his silver, furniture, arms, horses and a large sum of money on condition that his statue should be set up in the Piazza di St. Mark.

Andrea del Verrocchio, most noted pupil of Donatello, set to work upon the statue at the behest of the authorities of Venice. He designed the whole structure and completed much of the work before he died in 1480.

The Venetian authorities were puzzled to find a sculptor worthy of completing the task. At length as a way out of their problem they summoned home from banishment Alessandro Leopardi, who had once been convicted of forgery, but who was regarded as the only man in the world equal to finishing Verrocchio's statue.

Leopardi did it, following closely Verrocchio's design. Some authorities give to Leopardi credit for having designed the pedestal. When Leopardi finished the work he signed his name to the girth of the horse, as if he had done the whole design.

Venice accepted the statue, but declined to place it in the Piazza di St. Mark's. Instead it was placed in the nearby Piazza della Scuola di San Marco and the city took possession of his legacy. The statue was erected in 1493.

GLIMPSES OF MR. HUGHES AT HIS SUMMER HOME

OVER the doorbell at Tremedden, Charles E. Hughes's temporary summer home at Bridgehampton, L. I., hangs a rusty old horseshoe. Mr. Hughes doubtless would laugh away the suggestion that he is superstitious, but the trisman, the leger of other tenants, remains, and many are the callers who believe that its presence assures good luck to the Republican Presidential nominee.

If Mr. Hughes is worried in the slightest degree over the outcome of the campaign about to begin he is concealing the fact effectively. His close friends say he never worries. He once told some of them, indeed, that he was not given to speculating about results. What concerns him most is that he shall perform to the best of his ability the work immediately at hand, letting the consequences take care of themselves.

When he was conducting the insurance investigation his sole care was to get at the bottom of all the facts. He was not thinking of a possible nomination for Mayor, which he would refuse, or of a nomination for Governor, as to which the party would not take a refusal. And it is written in history now that when he was working day and night on Supreme Court opinions he gave no aid or encouragement to the project to name him for the Presidency.

It is not his own political fate which makes him zealous in his present activities. He believes that the Republican party has entrusted an important case to him, and he is determined to make the best possible presentation of that case before the jury, which in

this instance is the American people. He is working for his client, not for himself.

And Charles E. Hughes, the attorney, is working quite as hard as old Mr. Hughes, the investigator, or Mr. Justice Hughes of the Supreme Court. Some of his helpers think he is working even harder. For whereas it was his habit, even in Washington, to retire regularly at 10:30 o'clock at night, he frequently keeps two stenographers busy for an hour after that time nowadays.

Just after leaving college Mr. Hughes took a course in stenography. He once confessed that he won a prize for proficiency in shorthand—and even now his studies are serving him in good stead. He has been known to pause in a dictation, take the notebook from a stenographer's hand and read over the shorthand notes, make alterations in the text.

In everything he does he gives evidence of an analytical mind. In preparing a court decision he used to assemble his facts on paper somewhat after the fashion of the formula used by sixth grade grammar students in analyzing a sentence—subject, direct and indirect object, then the object and finally the words and clauses modifying the object. He follows much the same system in preparing his campaign speeches. When these are published it will be seen that he has arranged his facts after a painstaking study of their relative importance. Mr. Hughes begins his day early. He invariably finishes his breakfast at 8:30 and after a stroll of fifteen minutes on the lawn of Tremedden he hides himself in his study with in-

structions that he is not to be interrupted except for luncheon until 5 o'clock in the afternoon. Mrs. Hughes and his three daughters are his company.

For an hour before dinner he tries to allow himself a turn on the Bridgehampton Golf Club's links, which are separated from the grounds of his summer home by a narrow road. Lawrence H. Green, his private secretary, is usually his competitor at golf, though occasionally he plays against Colin Carter, one of his nephews. Mr. Carter is an expert at the game and Mr. Hughes takes advantage of his presence to study his style of play and learn all he can from it. Though he is said to play better than the average golfer, he makes light of his skill in this line.

"Most of my athletic ability is in my wife's name," he told a friend not long ago.

"The street which his house faces is the main thoroughfare leading from Sag Harbor and other towns near Gardiner's Bay to the Atlantic. The street at the corner reads 'Ocean Road,' opened in 1690." Until Mr. Hughes went there in June Bridgehampton had done nothing for years to add to her glory, finding her chief claim to fame in her advanced age. Hence all the signboards in the neighborhood are inscribed with dates of two centuries or so ago.

W. J. Herwind's estate touches the grounds of Tremedden on the south, and almost on the boundary line stands a picturesque Dutch windmill, relic of Colonial days. Beyond it is a magnificent rose garden overlooked by the windows of the Hughes house. Near by

resting in luxuriant groves, are white houses with green shutters and tall, dignified columns. One of these is now the leading hotel of the village.

"But not all of the houses are old," a pioneer explains apologetically. "That addition at the side was built as late as 1829."

One dwelling in Bridgehampton dates from 1719 and three or four others have stood for almost as long.

At the intersection of Ocean Road and the village's main street is the Soldiers' and Sailors' monument, unveiled six years ago on the 30th anniversary of the settlement of Bridgehampton. On one side is the legend:

"In commemoration of a sturdy ancestry, who Founded, Defended and Enriched this Community, 1812."

Another tablet is inscribed: "To the Memory of the Patriotic Spirit of the People and Sacrificing Service of our Soldiers and Sailors who Preserved the Nation. One Country, One Flag, 1816-1916."

But these, as has been indicated, are recent dates in Bridgehampton's history. It is the community's boast, as revealed in dusty books in the cozy little public library, that "No Tory's name ever dishonored the records of this village."

Bridgehampton's business district extends a quarter of a mile to the east. Every merchant is a specialist in his own line and several handle more than one line without rivalry, while performing patriotic public services for the benefit of the community. The editor of the local newspaper also is chief of the fire department. The barber owns the billiard hall and in his spare moments sits at justice of the peace.